

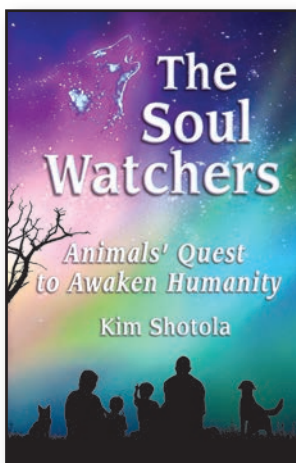
# EFT TAPPING for Animals & People

**EFT** is also known as **Emotional Freedom Technique** and **Tapping**. An energy method that started in psychotherapy practices, EFT practitioners noticed that amazing physical healings were also occurring. They found the reason this was happening was because EFT can address emotional causes or energy disruptions in the body, and traditional medicine does not focus on this aspect.

Just as in people, animals can have emotional problems that are expressed through disruptive behaviors or health issues. EFT has helped animals that have been through a traumatic experience, such as a fire, hurricane, car accident, mental or physical abuse, or loss of a beloved human or animal friend.

EFT has the ability to help animals diminish or eliminate issues such as:

- \* Anxiety due to being separated, going to the vet, etc.
- \* Known or suspected past mental or physical abuse
- \* Known fears such as thunderstorms or fireworks



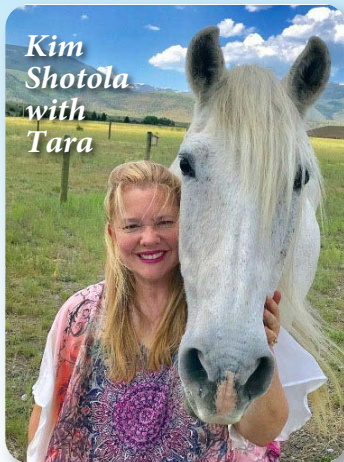
Kim's book, *The Soul Watchers, Animals' Quest to Awaken Humanity*, looks in depth at the mission of the animals and how you can help them accomplish their heart-and-soul vision. Learn more at: [TheLightfootWay.com/The-Soul-Watchers](http://TheLightfootWay.com/The-Soul-Watchers). Kim has taught holistic animal-wellness classes since 2006.



- \* Unknown fears
- \* Aggression towards people and other animals
- \* Depression and grief
- \* Health issues such as pain, allergies and sensitivities
- \* Lack of harmony with other animals and people
- \* Training and focus problems

Most people are familiar with the terms acupuncture and acupressure, where certain points are stimulated on the body of people and animals. EFT is done by tapping on energy meridian points with your finger tips that tie in with particular emotions and organs.

People can easily learn EFT to help conditions they are facing along with learning how to assist animals and other people with their challenges. The traditional way of doing EFT is to tap on particular points on the body and



say particular phrases. There is a wonderful intuitive way of doing this.

Because animals are so sensitive, holistic methods, including EFT, should be adjusted

accordingly. We created an *EFT Muscle Testing Flow Chart* to determine if EFT will benefit an animal and if so, the ideal way and then the proper method of delivery, such as tapping on a person for the animal, tapping on a stuffed animal for the animal, or tapping directly on the animal. The last rarely is the best delivery method since it can be uncomfortable for the animal or cause distress. The amount of sessions an animal needs can also be determined, knowing that animals often respond more quickly than humans to all kinds of energy work.

An incredible benefit of EFT is that when a human does tap on their own body to help another person or an animal, the tapping has the ability to also help them. This commonly occurs and is called “borrowed benefits.” For instance, a lady in a small class I was teaching was doing EFT to help other ladies in the group. When it came her time for those in the group to tap for her, the tremendous pain in her leg where before even a subtle touch was excruciating was totally gone—she could slap her leg repeatedly with her hand and felt no pain at all.

EFT is a beautiful, energetic modality that can assist many, including animals. If you don’t know how to do it, perhaps you’ll consider learning it. ■

*Since 2006, Kim has been a holistic animal wellness instructor and professional animal communicator, offering classes, programs and consultations. She’s teaching an EFT for Animals and People Zoom Class on September 13 and 20. Attend live or watch the recordings. Earn your certificate. To register for this class, go to:*

**TheLightfootWay.com/eft-tapping-for-animals-people-zoom-class/.**

To receive weekly articles, archive access, updates on classes and events, and gifts for our readers, get on our email list at: **TheLightfootWay.com/join-our-email-list/**. When you sign up, you’ll receive our audio chakra meditation to help enhance your intuitive abilities. For upcoming, long-distance and in-person classes, visit: **TheLightfootWay.com/classes**.



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